

# Swimming in Place: A Movement Challenge\*



- **Children lie prone on floor.**
  - **Right arm and right leg forward in "swim position."**
  - **Left arm behind back; left leg extended straight out.**
  - **Head looking towards right arm.**
- **SWIM! Switch positions of arms and legs.**
- **Switch positions back and forth as though swimming.**
- **Engage the imagination by creating a watery scenario: Where are they swimming? Why?**
- **Clap or use metronome to add rhythm and challenge after children explore movements.**



\*Adapted from ***Thinking Goes to School***,  
Furth and Wachs, 1972